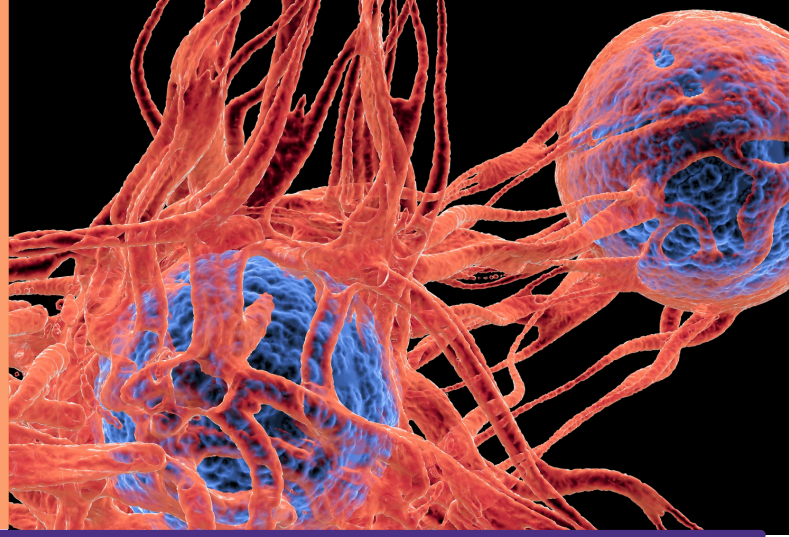




STAY HEALTHY FROM CANCER!



COMMON CANCERS

Breast Cancer



- Most common cancer among women worldwide
- Use mammograms to detect cancer before you feel a lump
- Check your breasts regularly! Look for changes in size, shape, lumps, or skin texture



Prostate Cancer

- 1 in 3 men over the age of 70 will develop prostate cancer
- Usually no symptoms in early stages, but may have problems with urination in the late stages
- A simple PSA blood test can help detect it early when it's easier to treat



Lung Cancer

- Leading cause of cancer death in both men and women
- Risk increases with smoking
- Symptoms include persistent cough, chest pain, shortness of breath, wheezing, and coughing up blood
- Low-dose CT scans can catch it early



Colon Cancer

- Often starts as polyps that can be removed before they turn cancerous
- Risk increases with age, family history, diet, and sedentary lifestyle
- Screenings like colonoscopies and stool tests are life-saving

WHY EARLY DETECTION MATTERS:
Early detection **increases** your chances of survival

FREE SCREENINGS IN HAWAII

Breast and Cervical Cancer

Hawai'i Breast and Cervical Cancer Control Program (BCCCP)

- Offers FREE breast and cervical cancer screenings to women who are uninsured or underinsured and meet age/income guidelines
- Services may include mammograms, Pap tests, diagnostic follow-up, and help enrolling in coverage if cancer is found
- 📍 Learn more or apply:
health.hawaii.gov/cancer/program-priorities/bcccp
- ☎ Call 808-586-4488 for info

Skin Cancer

The University of Hawai'i's John A. Burns School of Medicine (JABSOM)

- Partners with local dermatologists to offer free skin cancer screening events throughout the year
- These events are open to the public and often focus on underserved communities or uninsured residents
- Email: skincheckvan@cc.hawaii.edu
- ☎ Call (808) 564-3809 for info



Lung Cancer

The Queen's Medical Center

- Support for eligible individuals across all Hawaiian Islands
- Guidance through the screening process (CT scan, results, next steps, scheduling, paperwork, and follow-up)
- Assistance with transportation and financial barriers
- Culturally sensitive navigation services
- Call Queen's Imaging Department at 808-691-7171 (Honolulu) and 808-691-3663 (Ewa Beach) for more information

Risk Factors

Lifestyle

- Smoking or vaping (or secondhand smoke)
- Heavy alcohol use
- Unhealthy diet & lack of exercise
- Being overweight or obese

Infections

- HPV
- Hepatitis B & C
- H. pylori
- HIV/AIDS (weakens immune system and increases risk)

Genetics and Family History

- Family history of cancer
- Past cancer or pre-cancer diagnoses

Environmental Exposure

- UV rays from the sun or tanning beds
- Air Pollution
- Radiation or chemical exposure

Hormones

- Early periods or late menopause
- Hormone therapy (HRT)
- Birth control (varies by person)

AGE! (older people are at higher risk)

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